

KITCHEN GARDENING



REJUVENATE
with Homegrown Sprouts



Susan Smith Jones, PhD

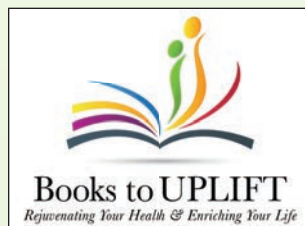
FOREWORD BY DAVID CRADDOCK

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PREFACE

*Let the message of Christ dwell among you
richly as you teach one another with all wisdom
through psalms, hymns and songs from the Spirit,
singing to God with gratitude in your hearts.*

~ COLOSSIANS 3:16

Hello,

Thank you for choosing to read my book *Kitchen Gardening*. I am delighted to spend this time with you and my wish is that I can, in some way, proffer a positive influence with information to support youthful vitality in your body, health and life.

In this Preface, I thought you might be keen to learn about how I first got interested kitchen gardening, as I like to call it, and also in the Essene. It was decades ago, when I was just a mere teenager, that I had my first experience in the world of sprouting in my grandmother's kitchen, yet I can remember it as clearly as if it were yesterday. Usually, the loving and dear times of our lives are ingrained in our hearts and minds and can be brought to the forefront when we need them to comfort or inspire us. My grandmother, Fritzie, was the one who taught me this most beneficial and nutrient-rich way to prepare and eat seeds, nuts, grains and even lentils and beans, by sprouting them first.

Fritzie was peaceful, happy and ever reliant on God's love and wore an armor of impenetrable faith unlike I had ever experienced before. She lived a faith- and God-centered life. She also traveled the world, ate healthy foods—with an emphasis on living, raw foods—and led a simple life. Her example and loving words helped orchestrate my

career and life, and I still feel her presence often. And right there at the top of my most valued guidance from Fritzie, in addition to teaching me about Jesus, the Bible and Christian faith, was the healthy living principles and lifestyle of the Essene.

So, as you can see, my interest in the Essene began very early in my life when Fritzie, in all of her sagacity, taught me about this extraordinary community of people who lived about 2,000 years ago. Jesus and His family were associated with the Essene community. The Essenes were very evolved people who had broken away from the mainstream of Jewish thought several hundred years before the time of Jesus. They were the spiritual heroes of their day, focusing their whole lives on spiritual development and achievement. They were devout lovers of peace and were particularly orderly and clean in their habits. Most importantly, they were a people who believed in action—in doing rather than talking—and practicing themselves what they then taught to others. They actually lived their philosophy of nonresistance, harmlessness, returning good for evil and above all, blending the individual spirit with the spirit of Infinite Love, of God, much the way Fritzie lived her life.



INTRODUCTION

If you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.

~ MATTHEW 17:20

WELCOME TO THE WONDERFUL WORLD OF KITCHEN GARDENING—sprouted seeds, nuts and grains—and a renewed life of rejuvenation and youthing. I love the word “youthing” because, for me, it’s the antithesis of the “accelerated aging,” and youthing is definitely possible when you choose to live a healthy lifestyle, and it’s what I want to be part of my life as I am a baby boomer. Most of us want to slow down the aging process and, as we get older, to age gracefully rather than putting ourselves on the fast track to senescence.

If you start by taking baby steps, such as, first and foremost, including sprouts in your diet, and also taking a 15-minute walk each day, drinking more water (see pages 73–74 regarding alkaline water), getting ample sleep, keeping stress levels down, appreciating beauty around you and in your environment, especially in nature and spending some time each day in prayer and communion with God, you will see your vitality soar and your attitude and emotions take flight with confidence and optimism in the forefront of the wings propelling you higher each day, week, month and year.

Sometimes I hear people tell me that it’s just too late. “I’m in my 50s, (or 60s, 70s, 80s or more) and there’s nothing I can do at this point.” Their senior status makes them think that nothing can change in how they feel or look. But they are wrong. It’s *never* too late to

commit to getting vibrantly healthy. In fact, just as the phrase “I can’t” is not in my vocabulary, “too late” is also not in my vocabulary. All positive changes in our body, health and life begin with Love. We must love ourselves unconditionally, let go of the past, be bold and daring, dream big, be young in our thoughts, be happy and always be holy. In my life, putting God first is always my top priority over everything else because then I know if I first do that (and I do this daily in my morning prayer-time), everything will unfold in the highest possible way and always for my highest good. God is at the driver’s seat of my life and knowing this gives me strong faith, trust, happiness, peace and confidence.

Before I tell you about my first experiences with growing and consuming sprouts and then what holistic health means to me, let me first share with you what led up to my wonderful world of sprouting.

My Catalyst for Positive Change

When I was a teenager, my father unexpectedly passed away. I was devastated and had no precedent for this type of deep loss and no skills to cope with it. My way of dealing with the tragedy was by, really, not dealing with it at all. I stuffed all of my feelings inside and numbed myself with food—typical teenage temptations of fast food burgers,



pizza and sugary sweets and pastries galore. Today, I would recognize this binging behavior as a hallmark of depression, but back then I didn’t realize what was going on. After a year of managing my grief by eating everything in sight, my health took a nosedive. I developed

allergies, asthma, acne and arthritis, not to mention I had gained a considerable amount of weight.

PART 1

MAKE SPROUTING THE CORNERSTONE OF YOUR HEALTHY KITCHEN & DIET

Each patient carries his own doctor inside him.

~ ALBERT SCHWEITZER

IN HIS GLORIOUS POETRY COLLECTION entitled *Leaves of Grass*, Walt Whitman wrote, “The smallest sprout shows there is really no death.” As a food, sprouts are approximately 5,000 years old. In 2939 BC, the emperor of China wrote about the versatile qualities of sprouts. These little gems still remain one of the most nutritious foods on earth. The humble sprout truly is one of nature’s most amazing creations. Known as “*The Sprout Lady*” in North America, I’ve been an avid teacher of the healing power of sprouting, as well as a kitchen gardener and consumer of sprouts for almost 40 years.

If you are into eating a living foods diet, then you are probably well acquainted with sprouts. These remarkable gifts of nature are pure, fresh, nutrient-rich and alive with their vital force intact. If you’re interested in experiencing healing, optimum health and vitality, then make sprouts—the food for the future—part of your salubrious kitchen and lifestyle. Sprouts have been the cornerstone of my wellness program for decades and are my favorite superfood of all.

Think about it this way: What food can you easily produce and enjoy whether you are 3 years old or 103, vegan or carnivore or are living in an inner-city high-rise or on an isolated island? What food is

grown indoors with no soil, is harvested in two to seven days, and is loved by children and adults alike? What can supply your family with fresh vegetables year-round, regardless of the season? What food is edible raw or cooked, and is delicious either eaten all by itself or included in an exciting array of recipes?

The answer is SPROUTS!



*When you put your force and energy behind
something, the results will be powerful.*

~ ALEXANDRA STODDARD

PART 2

SPROUTING YOUR WAY TO VITALITY: THE BENEFITS OF SPROUTS, WHEATGRASS & LIVING FOODS

*If we did all the things we are capable of doing,
we would literally astound ourselves.*

~ THOMAS A. EDISON

NATURE'S LITTLE MIRACLE: YOU START WITH A SMALL, DRY, hard seed. Add warm air and a little water and watch as new life emerges as if by magic from the dormant seed. Vibrant with life and bursting with energy, its tiny size belies the extraordinary activity that takes place while growing. In mere hours, and at a cost to you of just pennies, its delicate shoot proceeds to provide the most vital food imaginable.

As a teenager, my grandmother, Fritzie, taught me how to grow sprouts and incorporate them into my diet. To this day, I have sprouts growing in my kitchen including wheatgrass, which is very detoxifying and rejuvenating to the body. Growing sprouts doesn't take up too much space. Some of my favorites include red clover, alfalfa, lentils, garbanzo beans, almonds, fenugreek, French blue lentils, green peas, bean salad sprouts mix, protein powerhouse mix, red lentil, sunflower seeds, wheatgrass, mung beans and broccoli sprouts. Below are a few of the reasons I enjoy growing sprouts and benefit from their high super-food-ranking every day. And it only takes a few minutes each week to create a fresh batch of sprouts for you and your family.

- ❁ Sprouts increase in nutritional content as they grow, and this increase proves to be truly remarkable. The vitamin C in sprouted peas increases eightfold in four days. The vitamin B-complex in sprouted wheat increases sixfold and vitamin E increases threefold, in four days of sprouting.
- ❁ Increased nutritional value does not stop there. Many different minerals abound in sprouts, and in an assimilable form. Sprouts provide a storehouse of enzymes, and all vegetables, nuts, seeds, beans and grains begin life as sprouts.
- ❁ Homegrown sprouts are the freshest, most assuredly organic food available to you. Nothing compares with “picking your own” just before you eat them and knowing they’re free from fungicides and insecticides. When you eat sprouts, you are receiving the plant’s peak nutrition, when nature has mobilized all of its nourishment to bring forth a mature plant.



PART 3

REASONS TO GROW SPROUTS IN YOUR HOME

“I look younger. My skin is more supple now and I have fewer wrinkles than I did before eating raw food.”

~ CAROL ALT, SUPERMODEL, ACTRESS, TV TALK SHOW HOST

IN THE LAST PART, I INTRODUCED YOU to the wonderful world of sprouts. Growing and eating sprouts has been one of my greatest passions for decades and I am never without fresh sprouts growing in my kitchen. Besides their nutritional advantage that I wrote about in the previous section, sprouted seeds, beans and grains have several other sterling attributes that make them an ideal addition to your regular diet and a prime food source in times of need. Sprouts are economical; ecological; toxin-free; easy to store; low in calories and fat; tasty and versatile; and simple, easy, fast to grow. Below I will write in more detail about all of these categories.

Economical: One tablespoon of seeds, costing less than 50 cents, will fill a quart jar with several ounces of delicious, ready-to-eat sprouts. A 4-ounce package will yield several pounds. And this concentrated nutrition is alive—something that can’t be said for most nutritional supplements that cost much more.

Ecological: Because they are such nutritional powerhouses, their food value is much higher than most other foods per unit of production cost. This conserves energy and saves processing, packaging and



year-round, nearly anywhere indoors (home or office) without any weather worries. No digging, planting, weeding, pests or chemicals to worry about either. And no long wait, as in outdoor vegetable gardens! In just 2 to 7 days, depending on the sprouts you are growing, you will have a nutrition-packed, bountiful harvest. When stored in your refrigerator, they will stay fresh for days—even weeks, if rinsed properly. Because they require very little space and travel well, sprouts are the ideal vegetables for campers, boaters and RV'ers, too. Complete, easy-to-follow instructions are available throughout the pages of this book and also when you purchase sprouting supplies and kits at natural food stores, specialty kitchen stores and various vendors online. Keep in mind that homegrown and freshly harvested sprouts are much tastier and more nutritious than store-bought sprouts.

Some of my favorite sprouting seeds, beans and grains include Alfalfa Sprouts, Barley, Broccoli Sprouts, Buckwheat Sprouts, Chinese Cabbage Sprouts, Fenugreek Sprouts, Garbanzo, Green Pea, Sunflower Seed Sprouts, Lentil Sprouts, Mung Bean Sprouts, Radish Sprouts, Red Clover Sprouts and Red Winter Wheat Sprouts (I use this to grow wheatgrass and make wheatgrass juice).

PART 4

SPROUTS: THE MIRACLE OF GERMINATION

*Have a friend over for tea. Serve cinnamon
toast and a real talk. Give the most
precious gift. Give of yourself.*

~ ALEXANDRA STODDARD

AS MENTIONED ABOVE, MY MATERNAL GRANDMOTHER taught me how to grow sprouts and the importance of these nutrient-rich foods when I was a teenager, and they have been part of my health program and kitchen regimen ever since.

What feels like years has now really been decades of enjoying the wonderful world of sprouting and teaching how-to-sprout workshops worldwide.

Yes, sprouts are the food for the future, a food you can grow in your kitchen—or almost anywhere in your home or office—for mere pennies and they're packed with a powerful nutritional punch. When you sprout a seed, such as alfalfa or broccoli, it goes through a very special process called germination. During germination, seeds become alive and undergo many fast internal changes. And the great miracle of this amazing process is a huge increase in a host of nutrients, which are miraculously created inside the sprouting embryo. Below are some of the things that take place in the *germination* process.

- ❁ Water absorption swells the sprouting seeds from 6 to 10 times their normal size, under tremendous dynamic pressures per square inch.

- ❁ Enzymes immediately become active and create a host of nutritional changes.
- ❁ Proteins are converted into free amino acids.
- ❁ Starches change into simple plant sugars.
- ❁ Minerals chelate, or combine in a way that increases their assimilation.
- ❁ Vitamin content increases from 3 to 12 times.
- ❁ Chlorophyll and carotene content increase dramatically when they are exposed to sunlight.



PART 5

TAKE LOVING CARE OF YOURSELF: USING SPROUTS & RAW FOODS TO DETOXYFY, HEAL & REBUILD YOUR BODY

I submit that scientists have not yet explored the hidden possibilities of the innumerable seeds, leaves and fruit for giving the fullest possible nutrition to mankind.

~ MAHATMA GANDHI

IN THIS BOOK ON THE HEALTH BENEFITS OF SPROUTS, live foods and healthy living, you are learning about why sprouts are my all-time favorite superfood and about my passion for educating others about their life-giving attributes. Before I highlight some more benefits of sprouts, let's take a quick look at how miraculous is the human body and its ability to heal itself, if given the right food and loving care.

What happens when you cut your finger? It heals itself. It's a miracle to me. Sometimes though—due to our carelessness—it festers, becomes infected and begins to give us pain. Pain is our body's signal to us that it needs help. With a cut finger, the course of action is obvious. Clean it and disinfect it. But what about tiny, invisible “cuts” that we can't see, which are happening inside our bodies all the time? What do we do about subtle messages of pain coming from them? Too many of us reach for the nearest chemical “pain-reliever,” when we could be doing something more—and better. There is a sword stabbing inside



our bodies—a sword that is cutting a swath of ill health in millions of Americans and people worldwide.

Our bodies are being damaged inside, invisibly and mercilessly, by toxic chemical reactions. Toxic chemical additives and hazardous wastes in our air, water and food supplies will continue to pervade our living and working environments. These toxins are returning to us in everything we eat, drink and breathe. Thankfully, though, much of the internal damage heals automatically, like that cut on our finger. However, when our body is not adequately nourished, it can't neutralize and expel these poisons fast enough. They build up in our body, and so does the invisible damage they do. Toxic build-up can severely damage our immune system. So how do sprouts help heal the body?

A body that is toxic is like a cut with dirt in it. It is contaminated and may not heal properly. It needs to be cleaned and given the nutrients it needs to disinfect, detoxify, rebuild and heal itself. Many of us have already recognized this fact of life and have altered our lifestyles to avoid as many chemicals as possible.

Some of us have also recognized this fact of health and are being more careful about our nutrition. There is a food source in Nature that's full of concentrated nutrients that can help our body detox and *rebuild our immune system*. I'm sure you can guess the food. That's

PART 6

HOW TO GROW SPROUTS & WHEATGRASS

Regardless of your body size, self-respect and self-acceptance are the starting points for making peace with our size. We must know that we have the power to get off the weight treadmill and start enjoying our life, no matter where we are.

~ CHRISTIANE NORTHRUP, MD

GOOD SPROUTING TECHNIQUE DOESN'T TAKE A "GREEN THUMB," just paying attention to four factors: the right amount of moisture, the correct temperature, the free circulation of air and minimal light.

By rinsing them a couple of times daily, you keep them moist. You also wash away carbon dioxide and other metabolic wastes that could cause souring or spoiling. Using cool water when rinsing ventilates and cools the sprouts to prevent overheating. Proper draining prevents excessive moisture that can cause mold and rot. The ideal sprouting temperature depends on the seed, but generally lies between 70° and 85°.

To protect the tiny growing things, keep sprouting containers away from cold drafts, direct heat or any light. For free air circulation, at least one-third of the container must be empty. Sprouts expand 6 to 10 times over a few days, so give them plenty of room to grow. Sprouts are very light sensitive and need to be covered during the early stages of the growing cycle.

PART 7

THE HEALING BENEFITS OF BROCCOLI SPROUTS & WHEATGRASS JUICE

All that we love deeply becomes a part of us.

~ HELEN KELLER

PREVIOUSLY, I WROTE ABOUT GROWING WHEATGRASS in your home and juicing it. I have grown my own wheatgrass for juicing or have purchased freshly made wheatgrass juice at juice bars and natural food stores for decades. Sprouted wheat that grows into wheatgrass about 8 inches long is a potent source of concentrated nutrition. As it grows, wheatgrass concentrates chlorophyll and other nutrients in preparation for becoming a big, fruitful plant.

Wheatgrass itself is not digestible in our stomachs because it is too full of cellulose and other indigestive fibers. But when juiced and strained, all the nutrients are freed up and are readily assimilable by the body. And wheatgrass juice is a very powerful overall body detoxifier. As my grandmother taught me, its high chlorophyll content cleanses the liver, tissues and cells and purifies the blood. Placed in the nose, a few drops can reduce inflamed nasal passages and sinuses, relieving congestion without chemicals. Gargling will help relieve a sore throat. Wheatgrass is an excellent natural mouthwash and breath deodorizer. It will leave the breath smelling naturally fresh while nutrifying the gums and delicate tissues of the mouth. Some have used it on the skin to relieve pain and skin problems.

As I mentioned last time, wheatgrass and other sprout juices are best taken right after juicing for highest nutritional content. You can refrigerate for a day or two if you use an airtight jar. It will keep for a longer period if frozen quickly right after juicing. Wheatgrass juice is a super tonic for the whole body; it's rich in antioxidants, enzymes, simple sugars, chlorophyll, vitamins and minerals.

Growing wheatgrass, buckwheat and sunflower sprouts, as well as juicing them, seems to stem back to the 70s to Ann Wigmore and Victoras Kulvinskis. The Boston Institute of Health advocated these methods long before it became a national fad. Ann Wigmore was a hero in the Natural Health movement and left a legacy of books such as *The Wheat Grass Book*, *The Sprouting Book* and others.



PART 8

SPROUTS: A TREASURE TROVE OF NUTRIENTS & VITALITY GALORE

Until he extends his circle of compassion to all living things, man will not himself find peace.

~ ALBERT SCHWEITZER

CONSUMING AND GROWING SPROUTS has been dear to my heart for almost 40 years, as mentioned previously. If you were to visit my kitchen today as I'm writing this, you would find the following sprouts growing with some ready to harvest and others in the early soaking stages: Red Clover, French Blue Lentils, Red Lentils, Garbanzo, Alfalfa, Radish, Sunflower Seed and Wheat Grass.

Whether you enjoy alfalfa sprouts, lentil sprouts, red clover sprouts or sunflower seed sprouts, or perhaps you've never tried any sprouts at all and want to learn more about them, here's some information on the nutritional value of a variety of sprouts with some simple suggestions on how you can incorporate them into your diet. In this chapter, I'll feature the nutrients found in the sprouts of Barley, Broccoli, Buckwheat, Chinese Cabbage, Fenugreek, Garbanzo, Green Pea, Lentil, Mung Bean, Radish, Red Clover, Red Winter Wheat and Sunflower Seed Sprouts.

Alfalfa Sprouts: This is one of the most popular, nutritious and delicious of all sprouting seeds. Alfalfa Sprouts are high in protein, essential amino acids and eight digestive enzymes. They also boast vitamins A, C, B-complex (including B-12), D, E and five minerals—iron, phosphorous, calcium, magnesium and potassium.

When these delicate sprouts are exposed to light, they become rich with chlorophyll, too. Alfalfa sprouts are very tasty, with a sweet, nut-like flavor. They are a lot safer, less expensive and more fun to eat than factory-field, chemicalized lettuce. They sprout easily on their own or in combination with other seeds. *If you are new to growing your own sprouts, you might want to start with alfalfa sprouts.* They make a lively addition to the diet in salads, sandwiches, soups, etc. I even blend them in my smoothies to make the smoothie richer in nutrients and fiber.

Barley (unhulled organic): Much like wheat grass, barley grass is also rich in B vitamins, particularly thiamine and riboflavin, and also

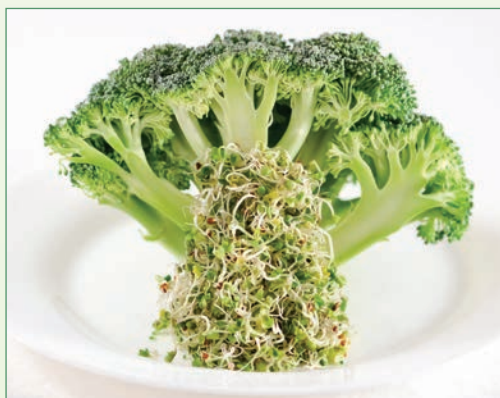


provides protein and many minerals. To grow, soak the unhulled grain overnight and place close together in a tray of sifted organic forest mulch (from any nursery). Cover with wet paper after watering the entire tray and block the light for three to four days with black plastic. Then, expose it to the light for an additional three to four days and continue to water as needed. Cut an inch from the base

to harvest and juice in a slow revolution juicer as you would with wheat grass—both juices are very nutritious!

Broccoli Sprouts (raw):

These delicious sprouts are so good for you. I eat at least a quarter cup daily, except when I'm traveling and don't have access to them. They provide your miraculous body with vitamins A, B and C; potassium; and the



PART 9

NATURE'S LITTLE MIRACLE

Let food be your medicine and medicine be your food.

Nature heals: the physician is only nature's assistant.

~ HIPPOCRATES

IN A SIMPLE GLASS JAR THAT REQUIRES neither sunlight nor soil, and with only a few minute's work spread over three days, you can cultivate over 30 varieties of sprouts.

As mentioned previously, you need not toil long and hard, sweating under the summer and fall sun, defending your crop from insects and weeds. Yet you are fully assured that your harvest is organically grown, absolutely fresh and resoundingly cheap. And if you do not have the desire or inclination to do your own sprouting in the comfort of your kitchen, *you can find freshly grown sprouts in most natural food stores as well as many supermarkets and grocery stores.*

Botanically speaking, all nuts, grains and beans are seeds of plants. Every seed can create a new plant, and that plant creates a thousand new seeds and those seeds produce whole fields and forests. This occurs naturally enough in nature, but to imitate this process in your kitchen, you must learn to control the air, water, darkness and warmth necessary for successful germination.

Let's Get Started

You need a few simple things—a container, air and water, darkness and warmth and seeds, grains or beans. Almost any container that permits drainage can serve as a sprouting vessel, including earthenware crocks, flower pots, bamboo trays, natural or nylon cloth bags, commercial

sprouting trays and kits and colanders. Make sure that the container is not made of aluminum or any metal prone to rust. The container that I use, and the most suitable and simplest, is the wide-mouth glass jar. Most natural food and high-end kitchen stores carry some kind of sprout container. You even can use recycled empty glass jars from mayonnaise, nut butters and canning jars, but be sure to use a wide-mouth quart (liter) jar and not the small pints or narrow-mouth quarts.

Whatever jar or container you choose, it must be rendered drainable. You can perforate the metal cap by punching holes with an ice pick or hammering holes with a nail. The caps will soon rust unless occasionally lubricated with your favorite salad oil. Instead of the metal cap, I have used cotton muslin, cheesecloth and even a fine wire mesh that I secure on the rim of the jar with a rubber band. Homemade mesh sprout tops for mason jars are not only economical, they are also easy to make and use. Remove the lids of the jar caps and retain the



PURCHASING THE BEST SEEDS, GRAINS & BEANS

The human body is its own best apothecary. The most successful prescriptions are those filled by the body itself.

~ NORMAN COUSINS

WHERE SHOULD YOU PURCHASE YOUR SEEDS, grains and beans for sprouting? Regular supermarkets sell a few whole seeds and grains. But their whole beans are often irradiated or chemically treated to inhibit sprouting. If you try sprouting supermarket beans, you are likely to concoct only a soupy slime. Dead or dying beans may be low quality for sprouting, but still are food, so neither despair over nor discard them. Cook them into soup—exactly what they are sold for.

Garden seeds are dependably viable, but seldom edible. Seeds intended for planting are treated with fungicides and insecticides, which, if eaten in large quantities, can make you very sick or may even be fatal. And untreated garden seeds, measured by the ounce, are prohibitively priced.

The most reliable sources of viable seeds are available in health food stores and through mail order distribution. Among the latter, some even specialize in seeds for sprouting. When I am sampling any new seed source, I buy a small quantity, and I always buy organic. You might locate a bulk mail order bargain price for five pounds of sunflower seeds, but if those seeds sprout poorly, then you've bought expensive birdseed. Never stock more seed than you will need until the next fall harvest. That five pounds of sunflower seeds is no bargain

if it lasts only three months. Germination rates decrease every year, particularly every summer. The identical air, warmth and light that cause soaked seeds to sprout in a very short time cause stored seeds to deteriorate over a very long time.

Always store unhulled seeds, whole grains and dry beans in darkness, away from heat. Refrigerate hulled sunflower and pumpkin seeds and shelled almonds and peanuts. Store in airtight, preferably glass, containers. Most (but not all) plastic containers affect the smell of the air just as they do the taste of water. Particularly avoid plastic bags because they do a poor job of keeping insects either out or in.

An Easy Process

The process of sprouting is really quite simple. As an example, I'll go through the process of sprouting alfalfa seeds since most people know what alfalfa sprouts are and like them. Measure two tablespoons of seeds. Discard any stones or twigs or foreign matter that might be in the



seeds. Place the measured and culled seeds into the jar. Fill the jar three-quarters full with room temperature water. Swirl the jar vigorously, or stir the seeds with a long wooden spoon. Pour off the UFO's (the Unidentified Floating Objects). Some seeds may float to the top. These may be infertile, and I usually discard them. Drain

and fill the jar with water and repeat this step until the water appears clear and the surface is free of UFOs. After the last clean drain, fill the jar one more time, cover with a screen top—because air ventilation is important even at this submerged stage. Alfalfa or clover (my favorite) should soak from three to eight hours, depending upon the room temperature; the warmer it is, the shorter the soak time. For other seeds,

RESOURCES

Please refer to **SusanSmithJones.com** to learn more about these books or to purchase any of them. You will find the full list of Susan's titles on her website.

Choose to THRIVE

Living on the Lighter Side

Healthy, Happy & Radiant . . . at Any Age

The Curative Kitchen & Lifestyle

Wired to Meditate (Audio Book)

Choose to Live Peacefully (Audio Book)

Vegetable Soup/The Fruit Bowl

(co-authored with Dianne Warren for children ages 1–8)

Body Temple Vitality

God-Centered Health

Affirming God's Love

Invest in Yourself with Exercise

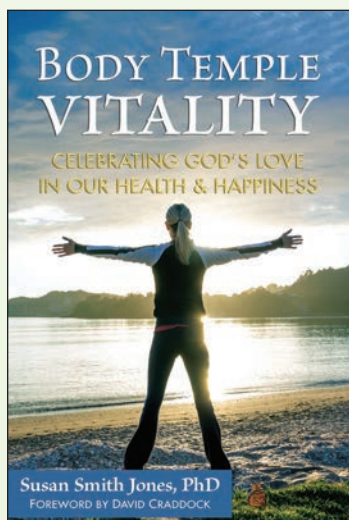
Be the Change

BOOKS TO UPLIFT BY SUSAN SMITH JONES

If you visit, SusanSmithJones.com, and click on the pages for **Choose to THRIVE**, **Be the Change** and **Invest in Yourself with Exercise**, as well as this book, **Kitchen Gardening**, you will find out how to get “**Special Limited Edition**” copies of these books personally autographed to you by Susan, along with a keepsake notecard from Susan and a bookmark.

Be the Change: Living with Faith, Confidence & Vigor

Be the Change shows you how to live a balanced life and how to tie the physical, mental, emotional and spiritual aspects of life together to create a holistic approach to successful living. It's within your God-given power to choose. If you want to create positive changes in your life, it is you who must first choose to be the shining example of that change.

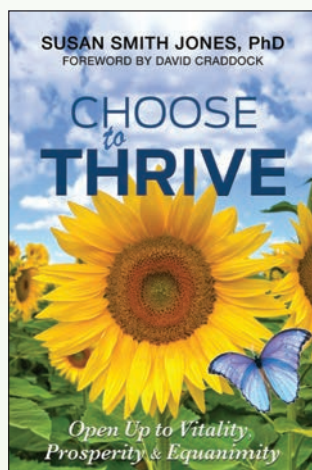


Body Temple Vitality: Celebrating God's Love in Our Health & Happiness

An uplifting, healthy living guidebook, *Body Temple Vitality* addresses many health-enriching topics, including whole-body cleansing and detoxification, the benefits of fermented veggies, probiotics and raw-food cuisine, which superfoods and lifestyle practices reduce blood pressure and inflammation, simple ways to sleep like a baby, how kindness heals body, mind and spirit, how to attract abundance and so much more.

***Choose to THRIVE: Open Up to Vitality,
Prosperity & Equanimity***

"Getting back to basics" is the foundation of Susan's most helpful and comprehensive book, *Choose to THRIVE*. Her easy-to-follow program is an indispensable and refreshing change from most health and self-improvement books that only focus on one particular aspect of health. Balance is the key and Susan keeps the reader focused on the long-term results that come from a healthy lifestyle.



***Invest in Yourself with Exercise: Tactics to Build the
Exercise Habit and Enrich & Energize Your Workouts***

Invest in Yourself with Exercise is the perfect book if you want to make transformative changes in your level of fitness, reshape your body, say good-bye to excess fat, make your workouts enjoyable and rewarding and see results quickly. Susan's well-designed physical fitness program can add years of fulfillment, vibrant health and peace of mind to your life.

***The Curative Kitchen & Lifestyle: Using Superfoods,
Spices, Natural Remedies and Stress-Less Living
to Revitalize Your Body & Life***

A concise food and nutrition resource and step-by-step healthy eating and stress-reduction guide, *The Curative Kitchen & Lifestyle* shows us that vibrant health starts in the kitchen by choosing the most essential healing foods. Susan shows us how to make the appropriate food and other lifestyle choices to reduce our risks of premature aging, heart disease, cancer, arthritis, diabetes and compromised vision and mental functions. . . while losing body fat and lowering stress at the same time.



ABOUT SUSAN SMITH JONES, PhD

For a woman with three of America's and the UK's most ordinary names, Dr. Susan Smith Jones has certainly made extraordinary contributions in the fields of holistic health, longevity, optimum nutrition, high-level fitness and balanced, peaceful living. For starters, she taught students, staff and faculty at UCLA how to be healthy and fit for 30 years!

Susan is the founder and president of Health Unlimited, a Los Angeles-based consulting firm dedicated to optimal wellness and holistic health education. As a renowned motivational speaker, Susan travels internationally as a frequent radio/TV talk show guest and motivational speaker (seminars, workshops, lectures and keynote address); she's also the author of more than 2,500 magazine articles and over 30 books, including—*The Curative Kitchen & Lifestyle*; *Invest in Yourself with Exercise*; *Be the Change* and *Choose to THRIVE*.

Susan is in a unique position to testify on the efficacy of her basic message that health is the result of choice. When her back was fractured in an automobile accident, her physician told her that she would never be able to carry “anything heavier than a small purse.” Susan chose not to accept this verdict; within six months, there was no longer any pain or evidence of the fracture. Soon, she fully regained her health and active lifestyle. Susan attributes her healing to her natural-foods diet,





a daily well-rounded fitness program, a strong God- and faith-centered life, along with the power of determination, balanced living and a deep commitment to expressing her highest potential. Since that time, she has been constantly active in spreading the message that anyone can choose

radiant health and rejuvenation. Her inspiring message and innovative techniques for achieving total health in body, mind and spirit have won her a grateful and enthusiastic following and have put her in constant demand internationally as a health and fitness consultant, educator and speaker. A gifted teacher, Susan brings together modern research and ageless wisdom in all of her work. When she's not traveling the world, she resides in both West Los Angeles and England.

If you enjoyed this book, please visit: **SusanSmithJones.com**, **ChristianLifestyleMatters.com** and **BooksToUplift.com** for more details on Susan and her work. Her books and websites are like having a "holistic health app" for anything related to holistic health and living a faith- and God-centered life.

If you'd like to receive Susan's free monthly Healthy Living Newsletters filled with uplifting, empowering and high-powered information, go to SusanSmithJones.com and sign-up on the page Subscribe & Win! It takes only 15 seconds and you will also receive several gifts from Susan.

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WELCOME TO THE WONDERFUL WORLD OF SPROUTS

These remarkable gifts of nature are pure, fresh, nutrient-rich and alive with their vital force intact. If you're interested in experiencing healing, optimal health and vitality, then make sprouts—the food for the future—part of your salubrious kitchen and lifestyle. Sprouts have been the cornerstone of Susan's wellness program since she was a teenager and, ever since, she's been known as "The Sprout Lady."

Think about it this way: What food can you easily produce and enjoy whether you are 3 years old or 103, vegan or carnivore or are living in an inner-city high-rise or on an isolated island? What food is grown indoors with no soil, is harvested in two to seven days and is loved by children and adults alike? What can supply your family with fresh vegetables year-round, regardless of the season? What food is edible raw or cooked, and is delicious either eaten all by itself or included in an exciting array of recipes? *The answer is SPROUTS.*

Excerpt from David Craddock's Foreword

In the pages of the *Kitchen Gardening*, you will learn how to become competent on everything related to sprouting: how to grow sprouts, why sprouts are so salubrious, which sprouts are most nutrient-fortified, ways to incorporate sprouts and microgreens into meals and snacks, how raw foods revitalize the body and so much more. You'll even learn about the Essene, a community where Jesus and His family were known to live and their secrets to living 120 years...and in robust health, to boot. It's astonishing to me that in only 2 to 7 days, we can grow nutrient-rich sprouts in a corner of our kitchen, and for only pennies per batch and a couple minutes of our time daily. No matter one's weather conditions outside or location in the world, in any size kitchen, you can grow a garden and become an expert at sprouting within a week or two. I am proud to call myself a kitchen gardener, thanks to Susan's wisdom and guidance in this book. This is the most reader-friendly, beautifully designed, full-color and comprehensive book on the ABCs of sprouting ever, and it will be indispensable in your healthy living program, too. It makes a wonderful gift for family and friends and for anyone who wishes to create a healthier, happier and more rewarding life.

